ADVERTISING

VOL VI. NO 19

DIRECTORY



WILLIAMSTON, N. C., FRIDAY, FEBRUARY 17, 175.

Town Officers

us L. Bu el, Dr. J. D. Bi

N. S. P.

Lodges

Church of the Advent

on the second and fifth laye (S p. m.) Te (94. m.) af -7 R. R. LAN

Rethodist Church

the foll ving appoint anday. Bunday ver-meeting overy Wednesday even at 3 o'clock. Holly Springs & day evening at 3 o'clock; Vernon 5 day evening at 3 o'clock; Hamilto morning and night; at g o'clock. A co-all to stimut

Baptist Church

Espitist Church Preaching on the ist, and and ath Sun-ays at 11 a. m., and 7:30 p. m. Prayer-meday School every Sundayimorning at 30. J. D. Biggs, Superintendent. . The pastor preaches at Hamilton on the d Sunday in each mouth, at 11 a. m. id 7:30 p. m., and at Riddick's Grove i Saturday before every ist Sunday at 11 m., and on the ist Sunday at 3 p. m. ads School Houm on the and Sunday at 3 p. m. an Batarday before every in country at 3 p. m. Sinde School House on the and Sunday at 3 p. m., and the Biggs' School House on the 4th Sunday at 3 p. m. Everybody

R. D. CARROLL, PM

SKEWARKEE LODGE

No. 90. A. F. & A. M. DIRECTORY FOR 1905

S. S. Brown, W. M.; W.C.M. W.; Mc. G. Taylor, J. W.; T. S. D.; A. F. Taylor, J.D.; S. Boorstary; C. D. Carstarphes, J. E. Whitmore and T.C.Cosh, A. E. Whitmore and T.C.Cool, Stew B. W. Clary, Tiler. STANDING COMMITTERS:

Mc. G.Taylor.

Breen, P. K. Hodges

teon, H. D. Cook.

Professional Cards.

DR.JOHN D. BIOGS

A Margar

133.4

WASHINGTON LETTER "The law of work can rarely be vaded altogether, but there are e cheated," writes that wise coun lor of young men. the Rev. W J. Dawson. A yo th comes as late as he can to his business, and leaves as early as he can. He never re gards it as necessary to take the ast interest in his work. He does not think it worth his while to ma ter the principles of the business in

hich he is engaged. He consistent y does as little work as he can con tent only to escape reprimand, but never eager to win honorable praise. If a period of emergency comes, when extra work is demanded of all hands, he submits with an illgrace

rumbles at the injustice of his fate and still does as little as he can.

ays Adam, "I can't abide to see men throw away their tools in that way, the minute the clock begins to strike, as if they took no pleasure in

their work, and were afraid of doing a stroke too much." whereupor Mum Taft pleads that he is six-and forty, and observes that when Adam arrives at that mature age h will be not so "flush o' working for th pe nought." Adam replies wrathfully the sector "I hate to see a man's arms drop down as if he was shot before the clock's fairly struck. just as if he'. never a bit o' pride and delight in his work. The very grindstone ll ge

men are bound to make their math in the world. But the youth who takes no pride or delight in his work foredooms himself to a life of failure and humiliation. Dislike of

work is the first stage in the easy way -The Wellspring.

In paddling down the Squatook iver, in New Brunswick. one of a party of hunters had an experience

which afforded much amusement to his companions. In "Around the amp-Fire," Mr. C. G. D. Roberts

ells the story: The last few miles of the Squa ook River were easy paddling, save

CONCERNING THE LEGISLATURE. Raicich is atways a pla e of in rest during a session of the Legislature-one meets interesting seos not less so this time than usual. hours if they are to be fit for their

is not less so this time than usual. It is not the towns-peopl alone, the officers of government or the mem-ners of the Legislature, but there are visitor from every section of the state, the whole constituting a gro. p worth while seeing and hear-time. The under has fo lowed gro. p worth while seeing and hear-ing. The trader has followed through the press the Legislative proceedings this far and is aware that there has been little conclusive Legistation upon large matters. Fi-

There is a kind of spurious in al action upon these is generally eft for the closing days of the sesion and it will be so in this case. What the final outcome will be no ue can forecast. The principal subects of outside talk are liquor and liverce, which seem to absorb to a arge deg ee the Legislative mind The body is inclined to be liberal a appropriations to mentorious ubjects, as for instance the insane nd other afflicted classes, the Conederate vetera.s, the public schools and the State's higher eductional institutions. This expression of this aberality will be limited only by e resources in sight. The writer elieves that in the wind-up it will be found to have been a more conservative Legislature than many cople now think it. It is to be renembered that many foolish m asres find their way into every Legslature but it does not necessarily ollow that these are to become aws so at this session many exreme measures have been introdued but few have as yet been en icted There are dangers which hreaten but something is to be rusted to the wisdom and responibility of 170 North Carolinians hosen to represent the citizenship f the tate and cognizant of the act, as the majority are that hey old in their hands the fate of a great party, It is to be hoped that h y will not run it upon the ro.ks. It was forgotten to say above in connection with the subject of apropriations, that there is more or as stutiment favorable to an issue

if binds to make permanent enargement of the hospitable for the usane, in order that they may reerve all of the present insane who hould be in these institutions, the argument in favor of a bond issue ring that poste ity should share with the present generation the expense of improvements which will tand for all time. In points of appearance and

ignity in the transaction of bu iess the present Legislature is quite up to the average. The capitol is, is usual over heated or under heated, and illventilated, in consequ ence of which there is a good, deal

The smount of sleep required ries within fairly wide limits and diffe ent individuals. Some d well with an avera, e of not more than six hours out of the twenty four. while others must have at least nine

daily tasks. Th - length of time which the av erage person needs is usually put at eight hours out of the twentyfour, or one third of hfe. Young children requires more and the aged, as a rule, less.

INSOMONIA.

somnia, in which a person who really needs only six hours, but thinks he must have eight. wakes up early in the morning and tosses about for an hour or more, grumb ing because he cannot sleep, and begining to reguard himself as the victim of some nervous disorder. Such a person should get up earlier and spend these two precious morning hours which natu e is offering im in some useful occupation. It he actually needs but six hour's sleep a day he wil be the better off not wasting two in useless tosing; if he needs the average eight hours his getting up stonce on waking in he morning will break up the habit by quieting the nervous unrest caused by this tossing. and the chances are that he will soon find himself sleeping through these two hours naturally a d peacefully. Insomnia may depend on physi cal or on mental causes. The first sort can often be benefited greatly by simple measures -and many cas es of the se ond category also. In a case of sleeplessness the first thing to do is to diacover the cause and if possible, remove it. It may b that the sufferer studies. or talkor reads exciting novels too late. at sight; or he may sit up too long . er having had only a light evenin meal; smoking late in the 'evens ; a a frequent disturber of sleep, and Lie taking of tea or coffee at th evening meal is another cause, of asomnia, Too much thinking plan oing, w rrying after retiring w ll drive away sleep most effectual Defective ventilation in the bed

room is often the cause of insomnia especially the morning variety. The treatment of simple torm of thi trouble is directed to draw ing the blood from the head. A glass of hot milk just at bedtinwill do this in many cases, or the result may be obtained by a hot mustard foot-bath or the use of an extra covering over the feet to keep them very warm. Constipation will cause insomnia, and so will acid dyspepsia and the relief of these conditions will work like a charn . Drugs should never be resorted to ex ept'upon the advice of the Phy-

HUMOR OF THE I'UR

w and then I hear an old ragging how cool be was in his first grit," said the one armed man, "and I always have a dim suspicion that his I always have a dim suspicion that his one was like my own. "I had determined to be cool at every out, and so far as I could tell I fired away forty rounds, killed at least ten of the enemy and had every reason to brive myself a hero. I had begun to bray a little after the thing was all over when the caption of my company showed me that I had loaded my mus-bet ten times and had not fired it once and in a fatherly way observed to me: "'Abs, I can forgive you this once for running away and hiding under a bagange wagoo, but if you play the

for running away and hiding under a baggage wagon, but if you play the trick again I shall have to take official notice of it?

Far More Important. The Prospective Better Half-But, se-risualy, George, am I the only girl that-He-Now, Amy, deas, don't ask if you are the only girl that I ever loved. You know as well as-The Prospective Better Half - I wasn't going to, George. I started to ask "Am I the only girl that would have you?'-Puck.

An Obstinate Stand. "The trouble with you," said the mu-sical enthusiast, "is that you do not understand classical music."

"Perbapa," answered Mr. Cumrox, "But I refuse to be regarded as a man of inferior intelligence suntil I find some one who is competent to prove that he understands it."-Washington

Wash Day. "We crossed the line last Monday." wrote the traveler, "and the gale was blewing fearfully. The sheets flapped agrily in the wind, and"--"It's a wonder the sheets didn't blow "It's a wonder the nutre that the interest of the line and be lost at sea," mused his wife, pausing in her reading of the interesting epistic.-Judge.

A Trick Exposed.



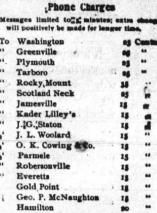
The Effect Was Lasting maded me to give him laughing gas und extract four teeth. Friend-Well's



ADVERTISING

the kind that pays brek t

1. 92,40 Pro 0. 62



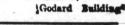
For other points in Eastern Carolina ee "Central" where a 'phone will ound for use of non-subscribers

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- ing bond

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Everyone remembers the admin able picture which George Eliot has drawn for us of Adam Bede in his workmanship, how he is so interested in his work that he goes on with it after the proper hour for work has ceased, and how he expresses his contempt for the may who drops his tools the moment the clock strikes, "Look there now "

on turning a bit after you loose it

George Eliot gives us the k ynote

o Adam's character in this open

ng scene, she makes us feel at once

that he is a man full. of masculine

vigor, energy, and honesty. Such

Over and Under.

that here and there a fallen tree

Work for Work's Sake.

RAD CODY

and similar

All a